

Access to Recreation programs are specifically for people with disabilities. Staff-to-participant ratio is one staff for every three to four participants, depending on their abilities. Registration for all activities is required a minimum of two days before the event in order to ensure adequate staffing. If this is your first time with us, please complete a participant information form at Marshall, Luepke or Firstenburg Centers. It is also available at vanclarkparks-rec.org.

If we all did the things we are capable of doing, we would literally astound ourselves.

- Thomas Edison, Inventor

Individuals who require special accommodations should contact Inclusion Services at 360-487-7057. See page 65 for more information.

Leisure counseling is available for individuals or families with disabilities/special need to assist in planning recreation activities. To schedule an appointment call Debbie at 487-7058, or Teresa at 487-7060.

Families may use their DDD family/support respite money to pay for classes. To use respite, notify your caseworker of the classes you want by providing them with the completed registration form on page 66. They will send us your registration. If you are unable to attend a class, you must notify your caseworker at 750-4250 and our office at 487-7058. Missing a class will result in your being charged. See page 65 call us or talk to a customer service representative for complete refund policy.



Please schedule arrivals and pick-ups no earlier than 1/2 hour before and 1/2 hour after the activity attended. **STAFF WILL ONLY BE AVAILABLE 30 MINUTES BEFORE AND 30 MINUTES AFTER A CLASS.** It is up to the parent/care giver to make sure the participant has adequate supervision outside of these times. If attendee is dropped off too early or not picked up, we are required to report to child/adult protective services. For bowling and fitness classes we are working on putting standing rides in place. It is your responsibility to call and make sure that a ride is scheduled. If you will not be attending due to illness or change in plans you need to cancel your rides to avoid a no show.

Spend your mornings at Marshall Center! Tuesdays and Thursdays offer non-stop fun from 9:30-12:15pm through yoga, cooking, craft and fitness classes. Details listed below.

DANCES AND SPECIAL EVENTS

Ages 18-Adult. Dance to your favorite music and meet new friends. Luepke Center Community Room. Drop off west side. Fee includes hot dog, chips, cookies and pop. Assisting staff may eat for \$3. Note fee adjustment.

5-7pm	\$7	Sa	
F			
73310	1/8	73318	1/23
73311	2/19	73319	2/27
73312	3/12	73320	3/27
73313	4/9	73321	4/24

For other enrichment opportunities, please see Youth, Teen or Adult activities sections in this catalog.

ENRICHMENT

All Supplies are included in the fee. You must pre-register in order to attend.

Fun with Crafts

Ages 18+. Learn new skills and create projects for gift giving and personal enjoyment. Marshall Community Center Arts and Crafts Studio. 3 wks. Note time change.

Th	10:15-11:15am	\$41
73359	1/7-1/21	73360 2/4-2/18
73361	3/11-3/25	73362 4/8-4/22

Cooking for Fun

Ages 18+. You'll be guided through the preparation, clean up process and work on table skills. Marshall Center Oak Room. 3 wks. Note time change.

T	10:15-11:15am	\$43
73355	1/5-1/19	

create your own pizza
73356 2/2-2/16

Quick and easy soups
73357 3/9-3/23

Asian stir fry
73358 4/6-4/20

Easy Grilling

FITNESS/WELLNESS

Yoga for all

Ages 18+	
T/Th 9:30-10:15am	\$23
T-Oak Room/ Th-Craft Room	
75401 1/5-1/21	75402 2/2-2/18
75403 3/9-3/25	75404 4/6-4/22

Fitness For All

Ages 18+. This is an exercise class for people with or without cognitive developmental disabilities that focuses on the joys of physical fitness and overall health. Marshall Community Center fitness center.

T/Th	11:30-12:15pm	\$30
73369	1/5-1/28	73370 2/2-2/25
73371	3/2-3/25	73372 4/6-4/29



Fighting the Monday Blues? Well, look no further! From 2-5pm on selected Mondays, you can get a fun workout in Access to Aquatics Water Fitness and then spend quality time with friends during Monday Funnites. A great way to start your week off right!

Access to Aquatics Individualized Swim Lessons

Marshall Center now has individualized swim lessons for people with disabilities. Instructors are experienced in working with disabilities in the water. Pre-assessment forms will be mailed home along with pool guidelines. Registration is required. All registrants with personal care needs must have a caregiver with them. **Marshall Pool.**

M/W Dates		\$51 1/4-1/27 7 lessons no class 1/18	\$51 2/1-2/24 7 lessons no class 2/15	\$59 3/1-3/24 8 lessons	\$59 4/5-4/28 8 lessons
5:15-5:45pm	Youth	76052	76046	76035	76053
5:50-6:20pm	Youth	76049	76045	76050	76054
6:25-6:55pm	Youth/Adult	76051	76044	76036	76055
7-7:30pm	Youth/Adult	76043	76042	76056	76048
SAT Dates		1/9-3/6 No class 1/23	3/13-5/1		
8 lessons \$59					
9-9:30 am	Youth/Adult	76032	76031		
9:35-10:05am	Youth/Adult	76037	76033		
10:10-10:40am	Youth/Adult	76038	76034		
10:45-11:15am	Youth/Adult	76039	76041		
11:20-11:50am	Youth/Adult	76040	76047		

For other fitness activities, please see pages 19 and 48.

Access to Aquatics Water Fitness

A water exercise class for individuals with developmental and/or physical disabilities. Staff are experienced working with various disabilities in the water. All registrants with personal care needs must have a caregiver with them. Pool guidelines will be mailed to you. **Marshall Center Pool.** 4 wks. No class 2/15, 4/5, or 4/9.

M/F	2-3pm	\$64
75481	1/25-2/22	
75482	3/15-4/16	

SOCIALIZING

Registration is per-session and includes meal. You must be pre-registered two days prior to the event. If assisting staff wish to eat they may pay \$3

Monday Funnites

Ages 18+. Fun, games, dancing and socialization make up this popular program. It's a great opportunity to make new friends and share good times. **Luepke Center Community Room.** Note time change.

M	3:30-5pm	\$15
73342	1/4	American Idol night
73345	1/11	So you think you got talent
73346	1/25	Let's make a deal
73343	2/1	Karaoke
73344	2/8	Jeopardy
73348	3/1	Bingo
73349	3/8	So you think you can dance
73350	3/15	Show and tell share night
73351	3/22	Fitness night
73352	3/29	Sing a long theme songs
73353	4/5	Price is Right
73354	4/12	Crazy raffle

Healing Winds Horseback Riding

Healing Winds Therapeutic Riding Center is a non-profit center that offers physical therapy, riding lessons, relaxation and play time.

Individual Therapeutic Riding Lessons - All Ages

It's easy to register for these private 1-hour lessons. First, register for a lesson through Vancouver-Clark Parks and Recreation then call Healing Winds at 360. 254.5387 with your receipt number to schedule your visit. Schedule riding times between 10am-2pm, Mon-Fri or 9am-3pm, Sat or Sun.

\$40 per hour

75458 Jan	75459 Feb	75460 March	75461 April
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SPORTS OPPORTUNITIES

Recreational Bowling

Ages 15+. Fee includes two games per week and staffing. Lanes are categorized by age. Meet at **Hazel Dell Bowling Lanes** 6300 Hwy 99. 5 wks. Note time change.

W	\$53
Mornings	Afternoons
9:30-11am	3:30-5pm
73366 1/6-2/3	73363 1/6-2/3
73367 2/10-3/10	73364 2/10-3/10
73368 3/17-4/14	73365 3/17-4/14

For other sports, please see sports sections of this catalog.

NEW! "Special Abilities" Gymnastics Class

All ages. Gymnastics class offered to male and female athletes with physical and/or intellectual disabilities. Special awareness and exercise will be tailored to each participants individual abilities. Special Olympics routines will be taught. Class held at **Naydenov Gymnastics**, 5313 NE 94th Ave. 4 wks.

W	6:45-8:15pm	\$39
75952	1/6-1/27	
75953	2/3-2/24	
75954	3/3-3/24	
75956	4/7-4/28	

TRIPS - ACCESS TO RECREATION

(FORMERLY KNOWN AS MONDAY FUNDAYS, FRIDAY FUNNITES AND SATURDAY DAY TRIPS)

Ages 18+. In an effort to keep groups small, trips include up to 12 participants. Trips can only accommodate two people who use wheelchairs. You must pre-register in order to attend. Staff ratio is 1:3. Participants need to stay with staff at all times. Appropriate behavior is expected. Each group/foster home/day program is limited to three people per trip. You may ask to put additional people on the waiting list. Please review the difficulty level of the trip. Dress for the weather and wear proper shoes. Meet at **Luepke Center** in the lobby.

Very Easy - Wheelchair accessible, no stairs/minimal standing or walking, assistive devices okay.

Easy - Wheelchair accessible, requires more stamina, standing or walking on even surfaces.

Moderate - Several stops requiring getting on and off van, longer/includes standing, walking and/or stairs.

Difficult - Longer, frequent stops requiring getting on and off van. Requires stamina for extended standing, walking and/or stairs. May not include seating. May include uneven terrain.

Very Difficult - Long trip, frequent stops requiring getting in and out of van. Requires stamina and endurance/no seating. Includes challenging tours, stairs and/or terrain. Assistive devices not permitted because of terrain.

MONDAY TRIPS

9-1pm \$21 unless otherwise noted.

1/11 **Moderate** 73341

Max to Clackamas. Bring \$15 for lunch and bus pass or \$3 for light rail

1/25 **Easy** 73335

Bowling and lunch in Portland. Bring \$15

2/8 **Easy** 73340

Lloyd Center to go shopping for that special person. Bring \$15 for lunch and shopping

2/22 **Easy** 73336

Cascade Locks for Lunch and stop at the Hatchery. Bring \$15

3/15 **Easy** 73337

Water Resource Center and lunch. Bring a sack lunch and drink

3/29 **Easy** 73338

Thrift store shopping and lunch. Bring \$20

4/12 **Very Difficult** 73339

9-2pm \$26

Hike on the trails at Lewisville Park and Port of Longview. Requires a lot of walking and climbing. Bring a sack lunch and drink.

FRIDAY TRIPS

F 4:30-7:30 \$16 unless otherwise noted

1/15 **Easy** 73330

Dinner at the all you can eat Chinese buffet and browse the Westfield shopping mall. Bring \$15

2/12 **Easy** 73328

Dinner at Old Country Buffet and then shopping for that special Valentine gift. Bring \$20 for dinner and some shopping.

3/5 **Easy** 73327

Dinner at Billigan's and toss the peanuts shells on the floor. Bring \$20 If you are allergic to peanuts do not register for this class.

4/16 **Moderate** 73329

Dinner at LaCamas Lake and hike. Bring \$10 for dinner

SATURDAY TRIPS

1/9 **Moderate** 73334

10:30-4:30pm \$32

Max to Clackamas Mall for lunch and shopping. Bring \$20 and bus pass or \$3 for light rail.

2/6 **Easy** 73331

11-5pm \$32

Movie and lunch and the Kennedy School. Movie is undetermined. Bring \$15 for admission and lunch

3/20 **Difficult** 73333

10:30-4:30pm \$32

Nickel Arcades in Portland. Bring \$20 for lunch admission and \$5 in tokens. A lot of standing is required.

4/3 **Moderate** 73332

9-6pm \$47

A day at Seaside Oregon. Bring a sack lunch and drink, and \$20 for dinner on the way home. Bring extra for shopping and arcades. Dress for the weather.

YOUTH ACTIVITIES

BIT-A-movement

Ages 18-36 months. Experience how different modes of movement play develop your child's learning abilities! In this parent participation class, "B" is for Ball, "I" is for Impact, "T" is for Travel, and "A" is for Aerial. Use each of these modes as fun ways of playing and moving with your child, building important skills for life. **Arc Family Center/PRIDE for Kids.** www.ArcOfClarkCounty.org 6511 NE 18th St. T 11-noon \$30

75937 1/5-1/26

75938 2/9-3/2

75939 3/16-4/6

75940 4/20-5/11

Exploramotion

Ages 4-6 years. Play is not just DOING, it's also CREATING! Here's a chance for your child to come together with other peers in a unique play environment and really engage their imagination. Our instructor, an expert in pediatric motor development and play, will lead the class in creating their own fun movement adventures -wherever they take us! **Arc Family Center/ PRIDE for Kids.**

www.ArcOfClarkCounty.org 6511 NE 18th St.

T 3:30-4:30pm \$30

75941 1/5-1/26

75942 2/9-3/2

75943 3/16-4/6

75944 4/20-5/11

"Play and Learn"

Inclusive Playgroups

Learn and play with your child in a safe, enriching and inclusive environment. Join your child in experiencing arts and crafts, books, toys and large movement play. Get out of the house, meet some local parents, and stay connected and engaged with your child. **Arc Family Center/PRIDE for Kids.**

www.ArcOfClarkCounty.org 6511 NE 18th St.

No class 1/18. \$20

6 mos-36 mos

37 mos-6 years

M 9-10am

Th 4-5pm

75945 1/4-2/8

75948 1/7-2/11

75946 2/22-3/29

75949 2/25-4/1

75947 4/5-5/10

75950 4/8-5/13

See also "Sports Opportunities" on previous page.



Please schedule arrivals and pick-ups for activities no earlier than 1/2 hour before and 1/2 hour after the activities you are registered for. **STAFF WILL ONLY BE AVAILABLE 30 MINUTES PRIOR TO AND 30 MINUTES AFTER A CLASS.**